

REGINA

metro®

NEWS
WORTH
SHARING.
CUPE
Saskatchewan
Your Community Union

**Public
Services
make lives
better
every day.**

Power may cost you more

SaskPower customers could fork over additional money if a rate increase proposed by the Crown wins approval **PAGE 2**

TALKING TURKEY WITH AMY POEHLER

ANIMATED FILM FREE BIRDS FOLLOWS TWO TURKEYS WHO TRAVEL BACK IN TIME TO CHANGE THANKSGIVING **PAGE 10**



Thunder ends Saskatoon's junior football dynasty

On the field. Regina team shocks the home-side Hilltops to claim Prairie Football Conference title



SIMON HIATT

Metro in Saskatoon

The Saskatoon Hilltops' quest for a fourth straight national title came to an end on Sunday at the hands of the only team that had beaten them during the regular season — the Regina Thunder, who claimed the Prairie Football Conference championship with a 21-16 win.

Riding the strong rushing of tailback Nick Brown at Saskatoon's Griffiths Stadium, the Thunder took an early lead and held on to win their first PFC title. The

victory puts Regina into its first national championship game on home turf, as the Thunder will tackle the Vancouver Island Raiders at Mosaic Stadium on Nov. 9.

"It's going to be so sweet to host it, and to prepare for a team from B.C.," jubilant Regina quarterback Asher Hastings said of the Canadian Junior Football League title game against the British Columbia squad. "We get to watch some tape on some guys other than the Hilltops. We're sick of these guys."

The Thunder moved the ball effectively in the first quarter into a stiff breeze, and recorded the game's first touchdown as Brown carried it in from five yards out to make it 7-1.

With the wind at their backs in the second quarter, the Thunder took advantage as placekicker William McGee hit a pair of field goals from 31 and 39 yards to

make it 13-2.

An injury to Hilltops quarterback Matt Karpinka forced him from the game, and Saskatoon's offence struggled behind backup pivot Jared Andreychuk — recording only three first downs in the first half. Regina would take a 14-2 lead into the locker room.

In the third quarter, Hastings continued his strong play, finding slotback Will Heyward for a 43-yard touchdown to extend the Thunder lead to 19 points.

Saskatoon finally got its offence going in the fourth quarter, as an Andre Lalonde touchdown run was set up by a 51-yard pass from Andreychuk to Evan Kopchynski.

Lalonde added another short rushing major to make it 21-16, but that was as close as they would come as Regina walked off the field as champions.



Regina Thunder tailback Nick Brown carries the ball in the first quarter against the Hilltops in the PFC final on Sunday at Griffiths Stadium in Saskatoon. The Thunder claimed the championship with a 21-16 win, ending Saskatoon's national dynasty. **SIMON HIATT/METRO IN SASKATOON**

LASIK NOW, PAY IN 2015.

Begin a new journey without the hassles of glasses and contacts.

LASIK MD
VISION

Starting at \$490 per eye*

Book a free consultation at 1-855-785-2020 or lasikmd.com

0 Interest
Payments
Down
Until 2015*



*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the LASIK MD procedure on or before December 31, 2014. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

WolfCop production off to a roaring start

Made in Regina.

Horror-comedy to shoot for 17 days, hit theatres in Canada next spring



ROSS ROMANIUK
ross.romaniuk@metronews.ca

Even if it doesn't claw its way to the top of the box office, it's off to a good start.

Regina-produced movie WolfCop began its first day of filming on Sunday, as a crew of more than 60 and some 45 extras joined a few of the lead actors at a Dewdney Avenue pub to get started.

"It's fast, 17 days. But it's about the amount of time that independent filmmakers get to work with in this modern era," Bill Marks, Toronto-based executive producer of the horror-comedy and head of production for Cinecoup, told Metro at McNally's amid the cameras and activity that will continue for WolfCop for 17 days.

"We know already that this film is going to be out in



The cast and crew of WolfCop begins production of the film at McNally's pub on Sunday. ROSS ROMANIUK/METRO

the theatres in Canada when it's released, and will stay at the theatres as long as it's drawing an audience."

By winning the Cinecoup national contest through Cineplex for would-be filmmakers earlier this year, WolfCop's producers were given

\$1 million to make their Saskatchewan movie dream a reality.

Production will continue on and off for the next few weeks, using mostly Saskatchewan actors and studio and location sets in the Regina area.

"We're in a forest out in

Moose Jaw. We're in a barn about 20 minutes out of Regina. We're at this bar here in Regina today," Marks explained, adding that it's a bonus to keep the production in the area where the concept began.

"There's a non-cash equity

in working at home, in terms of knowing the places, knowing the people and bringing in that extra support from the community.

"It's a preposterous notion," he added of the were-wolf-police premise of the film. "But it's a lot of fun."

SaskPower proposes rate hikes for next 3 years

SaskPower customers could fork over an additional \$5 per month if a three-year rate increase proposed by the Crown utility wins approval from the Saskatchewan Rate Review Panel and the provincial government.

And the New Democrats point out that the hike would result in electricity bills in Saskatchewan being jacked up by nearly 40 per cent in the past four years.

Under SaskPower's proposal, average system rates would



SaskPower's rate hike, if approved, will force its residential customers to pay \$5 more per month for electricity next year, and even more in years to come. METRO

rise by 5.5 per cent in 2014, before further five per cent

increases in 2015 and 2016. Those hikes would amount to, on average, \$5 monthly next year and \$4 more per month in 2015 and again in 2016 for residential customers.

According to president and CEO Robert Watson, the increase is necessary to keep pace with the province's torrid growth and increasing power demands.

"The type of growth Saskatchewan has experienced in recent years isn't a blip on the radar; it's the new reality for

our province," Watson said in a prepared statement announcing the move.

"In order to keep up with that trend, sustained major investments into the electrical system are a necessity to maintain safe and reliable service."

The three-year rate proposal will also help residential and commercial customers with budget-planning, Watson claims.

Cathy Sproule, NDP critic for SaskPower, slammed

the proposed increase and charged that the government is once again forcing Saskatchewan taxpayers to cover mounting expenses.

"With such a strong economy, it's frustrating to families that the government's Crowns have to turn to Saskatchewan people to pay more and more," Sproule said in a press release, noting that if the rate jump is ratified, power bills will have risen by more than 38 per cent since 2009. MARCO VIGLIOTTI/METRO

Hitting home

Book outlines Saskatchewan's roots in war drama that inspired Hollywood classic

It was one of the most daring prison breakouts of the Second World War, and has become a pop-culture touch-

stone after being dramatized in the Steve McQueen movie The Great Escape.

But author Ted Barris has unearthed the real dirt on the spectacular true story of Allied POWs digging out of a German prison camp in his latest book, The Great Escape: A Canadian Story — revealing some definite Canadian and Saskatchewan roots in the drama.

"These are stories that really have been buried by time ...

but also by the phenomenon of the Hollywood movie in 1963," Barris, a journalism professor at Centennial College in Ontario, told Metro.

One of the most fascinating real-life stories of the escape, according to Barris, is the tale of Canadian fighter pilot Wally Floody, who dug the tunnels that the POWs used to escape from Stalag Luft III, near the Polish town of Zagan.

"As a kid, he used to go from Toronto to northern Ontario to work in the hard rock mines to earn money for his education," Barris said of Floody. "So when he gets shot down and ends up in Stalag Luft III, he becomes the 'tunnel king.'"

Barris will appear at the Regina Chapters store on Thursday at 7 p.m. to sign copies of his book.

MARCO VIGLIOTTI/METRO



Dick Bartlett of Fort Qu'Appelle, whose plane had been shot down over Norway, held the important role of "custodian" of a wireless radio used by the POWs. CONTRIBUTED

A new way to predict heat waves earlier

Wave No. 5. When high-pressure and low-pressure systems line up in a specific pattern, it foreshadows heat to come

The clue

"It gives you a little bit of a heads-up of what's coming."

Gerald Meehl, co-author of a study that describes the forecasting clue

Meteorologists may have found a way to predict some killer heat waves up to three weeks in advance. Now, the best they can do is about 10 days.

An earlier warning would help cities prepare, arrange to open up cooling centres and check on the elderly, said Gerald Meehl, co-author of a study that describes the forecasting clue.

The key may be a certain pattern of high- and low-pressure spots across the globe high in the sky. When that pattern shows up, the chances double for a prolonged and intense heat wave in the eastern two-thirds of the United States, according to the study published Sunday in the journal *Nature Geoscience*.

This could predict some types of heat waves but not all, meteorologists said. The study's authors said they think the pattern occurred before last year's heat wave in much of the central United States, but they still need more work to confirm it.

The researchers at the National Center for Atmospheric Research in Boulder, Colo., looked at heat waves that lasted at least a week and were about five to eight degrees warmer than normal. In any given summer week, the odds of a heat wave like this happening are usually only about one in 67 in the U.S.

They did thousands of computer simulations and discovered that when high-pressure and low-pressure systems line up in a specific pattern, it foreshadows heat to come in about 15 to 20 days. Scientists call this 6.4-km-high pattern wave No. 5.

The weather on the ground at the time of the pattern really doesn't matter; it can be rainy, dry, hot or cold, said study lead author Haiyan Teng, a scientist at the research centre. The same pattern that signals a U.S. heat wave also indicates different extreme weather in other parts of the globe, like heavy rains, she said.

THE ASSOCIATED PRESS



Winter waves early greeting to Calgary

Chic Chikinda shovels snow from the sidewalk in front of his home in Calgary Sunday morning, beneath tree leaves that have only just begun to turn yellow. Less than 24 hours earlier, it was 17 C in Calgary. The forecast low for Sunday evening was -11 C. ROBSON FLETCHER/METRO IN CALGARY

State fair. Amusement ride operator jailed

A ride operator is in jail after investigators say someone tampered with a ride at the North Carolina State Fair and compromised safety devices.

Timothy Dwayne Tutterrow of Quitman, Ga., faces three counts of assault with a deadly weapon. He operated the ride when five people were hurt Thursday. Tutterrow is due in court Monday. His attorney said Sunday that

Tutterrow is devastated by what happened.

WakeMed hospital spokesman Thomas Morris said three people remained in the Raleigh hospital Sunday after the ride on the state fair's midway suddenly jolted into gear as people were exiting, dropping some riders from what eyewitnesses estimated to be six to nine metres in the air. THE ASSOCIATED PRESS

Stormageddon. U.K. braces for worst storm in years

Driving rains and high winds lashed the U.K. on Sunday evening, as officials warned that the storm forecasters are calling one of the worst in years will cause widespread disruptions for early-morning commuters.

Officials said a 14-year-old boy is feared dead after being swept out to sea while apparently playing in the surf in southern England.

Coastguard and police rescuers searched late Sunday for the boy in high seas with poor visibility, but after several hours, the Maritime and Coastguard Agency said it had turned into a search-and-recovery operation.

Sussex Police urged people to stay clear of the seashore until the storm abates.

THE ASSOCIATED PRESS

Meet Jill Morgan, the NEW host of Regina's first local news at 5.

CBC News Saskatchewan

Join Jill and our reporting teams from Regina and Saskatoon each weekday for CBC News Saskatchewan at 5, 5:30 & 6 - your first look at local and breaking news, and weather on CBC-TV.

Jill Morgan
@jillmorganCBC

Weeknights
at 5, 5:30 & 6

► Deposit a
cheque
with your
smartphone?
Cheque-In™.
Believe it.

Get a **\$100*** Bonus
when you open a
THRIVE Chequing®
Account by
December 31 and
switch your payroll.

ingdirect.ca



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. ® THRIVE Chequing is a registered trademark of ING Bank of Canada. ™ Cheque-In and forward banking are trademarks of ING Bank of Canada. * THRIVE Chequing Account must be opened between August 26, 2013 and December 31, 2013. Payroll must be deposited by January 31, 2014. Limit of one (1) \$100 Bonus per Client/Account. Chequing Account rates are annualized, are current as of today's date and are subject to change without notice. Interest is calculated daily and paid monthly.

Surge in security denials on FOI cases: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of



Suzanne Legault, information commissioner of Canada
SEAN KILPATRICK/THE CANADIAN PRESS

new complaints of this type in the past four months," Legault wrote in August to Tony Clement, president of

the Treasury Board.

"So far this fiscal year, we have received 107 new special delegation (security-related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight. Emily McCarthy, assistant commissioner, said the growing number of these cases is just one aspect of a striking rise in complaints this year. **THE CANADIAN PRESS**

Clarification needed

\$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost \$7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The No. 2 person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at \$18.9 billion, rather than the \$25.9 estimated in the budget. The lion's share of the difference was from lower program spending.

THE CANADIAN PRESS

Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two

girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father; he'd been staying at the home for the past week.

THE ASSOCIATED PRESS



Scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

Army takes 3 towns from rebels in Congo

Africa. Peacekeeper killed as towns of Rutshuru, Kiwanja and Buhumba wrested from M23 control

The Congolese army took three towns in eastern Congo Sunday in fresh fighting against the M23 rebels, said an army spokesman.

The army says it has found two mass graves in Kibumba, a town it took on Saturday.

The army on Sunday gained control of Rutshuru, Kiwanja and Buhumba towns in the Rutshuru area of North Kivu province, near Congo's border



Congolese army soldiers march on a mission near Kibumba Hill, which is occupied by M23 rebels, in eastern Congo Sunday. JOSEPH KAY/THE ASSOCIATED PRESS

with Rwanda, army spokesman Lt. Col. Olivier Hamuli told The Associated Press.

A UN peacekeeper, a lieutenant from Tanzania, was killed in Kiwanja while pro-

tecting the civilian population, according to Sy Koumbo, UN information officer. Another Tanzanian soldier was injured, she said.

THE ASSOCIATED PRESS



1 dead in bomb attack in Afghanistan market

A shopkeeper cleans his shop after a roadside bomb went off on the outskirts of Kabul, Afghanistan, Sunday. An Afghan official and witnesses say the bomb, apparently targeting a group of soldiers, killed a civilian in a market in the capital. RAHMAT GUL/THE ASSOCIATED PRESS

Georgia

PM-backed candidate wins presidential race

Georgi Margvelashvili, the candidate backed by Georgia's prime minister, easily won Sunday's presidential election in the former Soviet republic, exit polls indicated. THE ASSOCIATED PRESS

Romania

Ethnic Hungarians rally for autonomy

Thousands of ethnic Hungarians held rallies on Sunday to demand autonomy for their minority group in the areas where they live in Romania. The marches were held Sunday in 14 communities of Transylvania. THE ASSOCIATED PRESS

Spain

Thousands protest terrorists' release

Several thousand people gathered in downtown Madrid Sunday to protest a European court ruling that has led to the release of imprisoned Basque separatists convicted of terror attacks.

THE ASSOCIATED PRESS

YOUR
UNIVERSITY

Realize. Learning for life.

At the University of Regina we know there is not just one kind of learner with one educational goal in mind. At our Centre for Continuing Education we're meeting the needs of lifelong learners.

We have embraced a diverse teaching delivery model that's meeting the needs of trumpet-playing children at our Conservatory of Performing Arts. Our programming is helping Grade 12 students get a head start on university while still in high school. We're advancing the careers of professionals through mid-career education and training. We are reaching the world with online and televised credit courses. And we're making sure that seniors and retirees have the chance to learn a new language.

Nights, weekends, face-to-face at regional colleges, from a distance or online, for academic credit or personal enrichment, the Centre for Continuing Education makes learning accessible and flexible for all.

DID YOU KNOW?

- ✓ The University broadcasts live televised classes to more than 90 sites across Saskatchewan, including SIAT and regional colleges.
- ✓ We have online learners in California, Australia and Germany among other locations.

University
of Regina

www.uregina.ca

Report: 1,500 Canadians languish in foreign jails

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists Alexandre Paul and Paul Ruzycski, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the

circumstances or duration of detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

Wrenching testimonials

In an effort to dissuade others, the government has a collection of stories on its travel-advisory site from Canadians caught trying to smuggle drugs overseas.

- One man, who was sentenced to 15 years in a Cuban jail for importing marijuana, says the water was a "milky colour and it made me really ill."
- A woman who spent a year in a Jamaican prison for trafficking heroin described living in cramped quarters without running water where "inmates were constantly trying to pick fights with me."

Each case "has a delicate strategy depending on the circumstances of the case," said John Tackaberry, a spokesman for the human-rights group.

THE CANADIAN PRESS



A boy inspects a destroyed car after a car-bomb attack hit the Sha'ab neighbourhood of Baghdad, Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

Deadly wave of attacks hits Iraq

At least 66 killed. Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Sunday's attacks were the deadliest single-day series

of assaults since Oct. 5, when 75 people were killed in violence. There was no immediate claim of responsibility for the blasts.

Police said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said. Two other explosions hit the northern

Sha'ab and southern Abu Dashir neighbourhoods, each killing six people, officials said. Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah districts.

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count.

THE ASSOCIATED PRESS

Iran. Anti-U.S. banners a sign of division between hardliners, new president

Banners that suddenly cropped up around Tehran in the past week depict an American diplomat dressed in a jacket and tie, while under the negotiating table he is wearing military pants and pointing a shotgun at an Iranian envoy.

The anti-American images were ordered taken down Saturday by Tehran authorities. But they made their point.

It was another salvo by hardliners who are opposed to President Hassan Rouhani's pursuit of better ties with Washington and are worried that Iran could make unneces-

sary concessions in its nuclear program in exchange for relief from Western sanctions.

The banners and posters were something of a warm-up to the main event: Rouhani's critics are planning major anti-U.S. rallies on the Nov. 4 anniversary of the U.S. Embassy takeover in 1979 following the Islamic Revolution.

Anti-American murals have long been part of the urban landscape in Iran. Now, however, the images reflect internal divisions in Iran and suggest more intrigue ahead.

THE ASSOCIATED PRESS

7th killed this year

Journalist gunned down in Somalia

A Somali journalist died in hospital after being attacked by gunmen, a colleague said Sunday, bringing to seven the number of journalists killed in Somalia this year.

Journalist Mohamed Mohamud, 26, died in hospital Saturday night, said fellow journalist Ahmed Nor Mohamed. "We have lost a precious life once again. Doctors were not able to save our colleague," he said.

Mohamud was buried Sunday. THE ASSOCIATED PRESS



Budweiser

SASKATCHEWAN SNOWMOBILE SHOW 2013

PRAIRIELAND EXHIBITION PARK SASKATOON, SK

NOVEMBER 1-3, 2013

FRIDAY, NOVEMBER 1 - 4:00 PM-9:00 PM
SATURDAY, NOVEMBER 2 - 11:00 AM-7:00 PM
SUNDAY, NOVEMBER 3 - 11:00 AM-5:00 PM

SASKATCHEWAN SNOWMOBILE SHOW 2013

DEALS! DEALS! DEALS!

FEATURING -

CURRENT SNOWMOBILES & ACCESSORIES, VACATION PACKAGES, VIDEOS, CLOTHING, SLED DECKS & TRAILERS, OILS, SAFETY AND TRAIL INFORMATION, ATVs, VINTAGE SNOWMOBILES AND MANY NEW PRODUCTS.

SPONSORED BY





LEADER-POST The StarPhoenix POLARIS

GATE ADMISSION:

Adults: \$13.00 6-12 years: \$6.00
5 years & under: FREE • Weekend Pass: \$17.00

For more information call: 306-729-3500 or
Toll Free 1-800-499-7533 (SK Only)
Visit: www.sasksnow.com
Email: sasksnow@sasktel.net

DOOR PRIZE:
DOOR PRIZE PROVIDED BY

ADRENALINE

All Adult & Weekend Admissions will be entered to win

ACCOMMODATIONS:

SASKATOON INN 306-242-1440
SANDMAN INN 306-477-4844
FOUR POINTS SHERATON 306-933-9889



A street monkey wears a baby doll mask as it performs last week in a slum in Jakarta, Indonesia. Security forces are conducting raids to rescue macaques used in popular street performances. TATAN SYUFLANA/THE ASSOCIATED PRESS

Indonesia rescues masked monkeys from roadside shows

Jakarta. The performances often take place when traffic is backed up in the city's notoriously congested intersections

Indonesia's capital is saying no to monkey business. Literally.

Security forces are fanning out across Jakarta conducting raids to rescue macaques used in popular street masked monkey performances.

The order came from Jakarta Gov. Joko Widodo, better known as "Jokowi," who wants all roadside monkey performances — known here as topeng monyet — gone by next year.

He said that besides improving public order and stopping animal abuse, the move is aimed at preventing diseases carried by the monkeys.

The city government will buy back all monkeys used as street buskers for about \$90 and shelter them at a one-hectare preserve at Jakarta's Ragunan Zoo. The handlers and caretakers will be provided vocational training to help find new jobs.

Femke den Haas of the Jakarta Animal Aid Network welcomed the decision, saying at least 22 monkeys have been rescued since the sweep began last week and quarantined for health issues. The animals are no longer able to live with other primates in zoos and cannot defend themselves in the wild.

THE ASSOCIATED PRESS

Monkey training

Many of the macaques are trained at a slum area in eastern Jakarta, known locally as "monkey village."

- A trained macaque can be sold for up to \$135.
- About 350 animals work as street performers in Jakarta.



Calif. Governor frees woman sentenced to life for killing her ex-pimp

California Gov. Jerry Brown has decided to allow freedom to a woman who received a life sentence when she was a teenager for killing her former pimp.

Brown decided late Friday not to take action on a state parole board's decision to grant parole to Sara Kruzan, thereby allowing the decision to go into effect, his spokesman Evan Westrup said Saturday.

Kruzan was 17 when she was sentenced to die in prison for the 1994 shooting death of

George Gilbert Howard in a Riverside motel room. She contended that he sexually abused her and had groomed her since she was 11 to work for him as a child prostitute.

Her case became a high-profile example used by state Sen. Leland Yee, who sought to soften harsh life sentences for juveniles.

"It is justice long overdue," Yee told the Los Angeles Times. He called Kruzan's case the "perfect example of adults who failed her, of society failing her. You had a predator who stalked her, raped her, forced her into prostitution, and there was no one around."

Kruzan's case garnered widespread publicity in 2010 after Human Rights Watch posted a six-minute interview with her on YouTube.

"Given Ms. Kruzan's age at the time of the murder, and considering the significant abuse she suffered at his hands, I believe Ms. Kruzan's sentence is excessive," the governor wrote in his commutation message. "It is apparent that Ms. Kruzan suffered significant abuse starting at a vulnerable age."

THE ASSOCIATED PRESS



Sara Kruzan in March 2012. CALIFORNIA DEPARTMENT OF CORRECTIONS/THE ASSOCIATED PRESS FILE

Toronto

Stabbing victim will live: police

Toronto police say a man has serious but non-life-threatening injuries after being stabbed in the face.

They say the man in his 20s was rushed to hospital after being stabbed around 6 a.m. Sunday.

There's no word yet on any suspects. It's the fourth stabbing so far this weekend in the Toronto area.

THE CANADIAN PRESS

Austria

\$6.9 million in drugs seized from camper van

Authorities have seized 500 kilograms of cannabis during a routine check on a camping van entering southern Austria from Slovenia on Saturday. Two Italian men were arrested.

Police in Carinthia province said the drugs — divided into 500 packages — were hidden inside the roof of the vehicle. A sniffer dog alerted officers to the stash.

THE ASSOCIATED PRESS

LOSE 4-9 INCHES

IN ONE - 15 MINUTE TREATMENT GUARANTEED

\$10 for

1 - 15 MINUTE EZEE-TONE TREATMENT

Coupon Expires November 30, 2013. One coupon per person.



CERTIFIED TECHNICIAN

Call Tamara today to find out about our services & what they can do for you.

ADVANCED BODY SCULPTING
474 N Albert St. (Inside Tropicana Tan)
306-206-8663



ADVANCEDBODYSCULPTING.CA

Posh kibble. Fido used to eat table scraps — now pets get pricey organic food

Organic kibble? All-natural chow? Fido and Fluffy don't know it, but their owners want them to eat better — and they are forking over big bucks to make it happen.

Even through the Great Recession, premium dog and cat food — the latest iteration of which is advertised as “natural” and “organic” — has been claiming an ever-bigger share of the market. Sales of the more expensive brands jumped 68 per cent in the U.S. from 2002 to 2012, compared with 19 per cent for mid-priced brands and just eight per cent for economy

brands, according to Euromonitor International.

Major manufacturers like Nestle Purina and Del Monte Foods are also capitalizing on consumers' willingness to spend more on food they perceive to be better for their furry friends.

“People think of their pets not as pets, but as members of their family, and they want to treat the members of their family with the same respect as they treat themselves,” said Molly Maier, senior analyst at market research firm Mintel Group Ltd. **THE ASSOCIATED PRESS**



By the look of it Fido might be eating a better meal than you tonight. Owners are increasingly paying top dollar for healthy pet food. **MATT SLOCUM/THE ASSOCIATED PRESS**

Sowing seeds of change

A new crop of tech-savvy farmers using mobile apps

Farmers across the country are relying on new cyber tools to help them monitor the weather and their irrigation systems and even map crops.

Longtime dairy farmers in Vermont are now keeping records on their smartphones of their fields and crops — from manure and fertilizer applications to corn and hay harvests, thanks to a savvy University of Vermont researcher.

Agronomist Heather Darby of UVM Extension got the idea as she was working with farmers to develop plans to manage their fields and crops and protect the environment. She said the farmers weren't very good at keeping records, but they had grown accustomed to using cellphones.

Her goCrop app received about \$400,000 more from the federal government this spring to expand use in the Northeast and California.

THE ASSOCIATED PRESS



It is said good fences make good neighbours, but when you are surrounded by hundreds of residents disputes are more likely to flare up. And some of those arguments inevitably end up in court. **DARRYL DYCK/THE CANADIAN PRESS FILE**

Not quite loving thy neighbour

Experts. As more Canadians opt to live in cramped condos, the number of residents turning to courts to settle fights will rise

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will only become more common as the number of Canadians choosing the close-quarters of condo living increases.

In the Ontario case, Korolekh frequently hurled racist and homophobic obscenities at her neighbours, according to affidavits written by Jerome and other residents. A judge accepted those as accurate accounts of the woman's behaviour, though Korolekh has always denied any wrongdoing.

In one instance, she hit one of her neighbours in the neck, the affidavits said. In another, she tampered with another neighbour's cable TV service. She appeared to encourage her Rottweiler's aggressive behaviour, including when children were around, according to the documents.

Law of averages

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen with increasing frequency.

- “The law of averages tells you that the more people that are living in (condos) and the smaller the units are, there are going to be more conflicts,” he says.

It took a lawsuit filed by the condo board and a court order to finally put a stop to it.

“It was right versus wrong, and what she was doing was wrong,” recalls Jerome, who says normalcy quickly returned once Korolekh was gone. **THE CANADIAN PRESS**

Questioning mutual fees

The fees Canadians pay to invest in mutual funds are under scrutiny as the national securities regulator reviews whether the often-used embedded compensation system is in the best interest of investors.

Earlier this year, Australia and the U.K. banned so-called “trailing commissions” in their financial services industries following two massive fraud scandals.

While industry and consumer advocates in Canada are at odds over whether such a ban would meet the aim of increased transparency in the

industry, they do agree change is needed.

“It is very confusing for consumers right now,” said Jonathan Bishop, a research analyst with the Ottawa-based Public Interest Advocacy Centre.

In Canada, mutual fund and investment advisers can be paid by their clients in a number of ways, including an hourly rate or a flat fee.

Most commonly, however, they are paid through an embedded fee system, usually a predetermined percentage taken directly from a client's total investments.

This amount, called a management expense ratio (MER), is set by fund companies and is generally around 2.5 per cent annually. It covers a variety of fees including the adviser's cut, which ranges around one per cent.

The industry has been criticized for a lack of regulation when it comes to disclosing embedded fees to consumers. Not all investors are aware of how much they pay in these fees, because they're not billed, or know that other payment options are available.

THE CANADIAN PRESS

GRAND RE-OPENING



Renovations are complete... We are pleased to announce that **WE ARE FULLY OPEN TO SERVE OUR VALUED CUSTOMERS**

We BUY & SELL • GOLD • ELECTRONICS • VIDEO CONSOLES & GAMES • TOOLS... & MUCH, MUCH MORE

MANY UNIQUE ITEMS & SPECIALS IN STORE • SEE US TODAY!



ABSOLUTE CASH®

**2916 Dewdney Ave., Regina
306.352.2071**



Like us on Facebook for more deals
[facebook.com/absolutecashcanada](https://www.facebook.com/absolutecashcanada)

**MONDAY TO FRIDAY: 10AM - 9PM
SATURDAY: 11AM - 6PM
SUNDAY & HOLIDAYS: 1PM - 5PM**

WWW.ABSOLUTE CASH CANADA.COM

WINNING THE REAL FOOD FIGHT

I'm usually a glass-half-full guy, but two items in the news this past week have me wondering about my usually reliable engine of optimism.

Both stories are good news by themselves:

The Saskatchewan harvest is more than 99 per cent complete, and it's a record high for farmers this year. Statistics Canada reports a wheat harvest of 33 million tonnes, an increase of 22 per cent over last year.

And the Regina Food Bank has brought in so much through donations that once again the city has won the Great Canadian Food Fight — an annual competition between six such organizations across the country to see which can raise the most food in 48 hours. Local donors generated 294,834 pounds, eclipsing the Waterloo Food Bank, which raised just over 118,000 pounds and Feed Nova Scotia, with more than 105,000 pounds.



URBAN COMPASS

Paul Sullivan
regina@metronews.ca

In fact, the Regina fall drive raised a record 325 tonnes of food in total.

Great stories, right? Record plenty abounds! So why can't I get this thought out of my head? In the midst of all this food, why can't some people get enough to eat? Every day, according to CEO Steve Crompton, the food bank feeds 250 families and individuals.

You could just tell me to relax (the line starts over there). I should be happy there's so much to go around that Saskatchewan's capital wins the Food Fight every year. It's just a matter of redistributing the food, but the bottom line is that everyone gets fed.

However, we produce so much food that it's out there lying in big piles because it doesn't all fit in the bins, and families still have to stand in line and beg. And Regina is just a pin on the map of hunger. According to the Conference Board of Canada, two million Canadians experience "food insecurity" — a bureaucratic term

for wondering where your next meal comes from.

More than half of those people are children. One in seven children in this country goes to school hungry.

We live in a country that can produce 33 million tonnes of wheat, a province that exported more than \$11 billion in agricultural products last year, and one out of every seven kids goes to school hungry.

Something's wrong. Something that is not fixed by the food bank and the generosity of citizens, as impressive as it is. The triumphant headlines obscure the fact that just a few months ago, the food bank faced increased demand and dwindling stocks.

If it weren't for the contest, would there be enough food for the families who depend on it?

Right here in the bread basket, too many people live on the knife edge of poverty. Is it just human nature that some people can't feed themselves, or do we have to take a hard look at what we're doing?

I think it's the latter, and that all this good news is just getting in the way of the real story.

ZOOM

Oscillate wildly



EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE. **METRO**

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well?
It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time get-

ting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?

Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform.

They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. **ANTHONY JOHNSTON/METRO WORLD NEWS**

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Just because you don't know your Baco Noirs from your Pinot Noirs doesn't mean you have to look like a dolt in front of your pals with more sophisticated palates. With a quick scan of your smartphone, you can now get the Coles Notes of wine faster than you can say Gewürztraminer.

Vivino:

Think you've had a few too many to remember the vintage you're sipping on? Take a pic of the bottle, upload it to Vivino and get the tasting notes. And if you don't trust the experts, you can add your own (vita)cultured friends to read their reviews. iPhone, Android and BlackBerry.

Delectable:

Similar to Vivino (snap a pic and voilà! tasting notes), but with more emphasis on design. Plus, the delect-

able blog offers non-smartphone users a chance to catch up on the who's drinking what. iPhone only.

Drync:

This app takes wine lists a step further. Specifically, to your doorstep. Take a photo of the bottle, rate it and order it. iPhone only.



DAVIDE RESTIVO/FICKR

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsGold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nouthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.



@CycleIdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

Follow@metropicks to take part in our daily poll. Best tweets published right here.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

Legendary Lou Reed was never content to compromise

In memoriam. Rock pioneer and Velvet Underground leader, who has died at age 71, had undergone a recent liver transplant

PAT
HEALY

Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his recent liver transplant.

The singer and guitarist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's Yeezus on The Talkhouse website.

lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up starting a band.

The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with Take a Walk on the Wild Side and carving out a



Lou Reed's tours were always successful. GETTY IMAGES FILE

niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise

or to even do what his growing fan base expected.

Over the years he released many albums that listeners

and critics alike had difficulty with, such as 1975's Metal Machine Music, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism, such as his 2003 Edgar Allan Poe-inspired The Raven and his final release, a 2011 collaboration with Metallica entitled Lulu.

But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson. He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie.

WITH FILES FROM THE
ASSOCIATED PRESS

A pair of angry birds, out to save their kind



NED
EHRBAR

Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, Free Birds, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day.

We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling Parks and Recreation from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?

Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.



In the animated film Free Birds, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday table. CONTRIBUTED

You're managing to squeeze in a lot of film work between seasons of Parks and Recreation.

It's fun to do different things. My schedule with Parks is almost like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And animated stuff, you can kind of do that on your hiatus and breaks

in between. I filmed a couple of things last summer and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

What sort of projects are you keeping an eye out for?

Well, I don't know. Right now we're gearing up toward our 100th episode, so right now I'm like real Parks brain, just enjoying being on set for that.

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's Jackass Presents: Bad Grandpa tops the weekend box office with \$32 million US, sinking three-week champ Gravity to second place.

THE ASSOCIATED PRESS

And then what happens after the new year in the spring, I'm not sure yet.

Yours was one of a very few comedies that NBC didn't cancel last year. That must feel at least a little reassuring.

Yep, NBC has supported us by keeping us on. We appreciate

that. Because I would rather do the show than not do the show, that's what I've learned. So many shows have come and gone while we've been there. We're kind of like the patient who watches the other patients die on the table. We've been lucky.

Certainly it's tough sometimes to just not know your fate all the time, and we've certainly never been a show where we knew our fate,

but because of that I think it's just made us put our heads down and try to control the things we could, which was the work and the writing and the show. I'm really proud of the show. I would watch it if I wasn't on it, which is a nice thing for me to be able to say honestly.





Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Brown and Hollosy were being held in police custody until Monday.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Bieber doesn't always screw up, but when he does ...



STARGAZING
Malene Arpe
scene@metronews.ca

Justin Bieber is photographed drinking a Dos Equis in Texas where, by the way, the legal drinking age is 21. Justin doesn't always drink beer, but when he does it's always super-icky and he wishes he'd asked for a Fanta.

According to the Daily News, someone connected to Planet Hollywood says



staff were provided with a list of evasive answers to use if asked whether Britney Spears sings live at her upcoming shows. They include: "You are pretty. Your hamster looks very soft." "I'm afraid of interest rates." "I don't care for spinning classes" and "have you tried our endless shrimp?" Rumour has it Tim Burton

will be making Beetlejuice 2. Which explains why Michael Keaton has been asking Robin Thicke for his suit back and sending threatening letters to Johnny Depp.

Billy Bob Thornton says then-wife Angelina Jolie got angry over his 2001 *Monster's Ball* sex scene with Halle Berry. "Well," he continues, "I'm sorry, but it's not like anything interesting has happened to me since then."

Perrie Edwards of Little Mix said of her band mates, "I wouldn't say we're feminists: we don't hate our men." "Oh, for bleep's sake. This is what happens when I'm underfunded," said the education system.



Robin Thicke

Thicke talks up his sex life

Robin Thicke would like everyone to know that he and wife Paula Patton have a fantastic sex life.

"We're over-spiced. We could probably take a few spices off the shelf," he tells

Elle magazine, adding that the couple enjoys getting intimate while listening to his music. "She likes to do it more than ever now. Sometimes she'll even play groupie for me."



Touchdown Lottery 2013

Over **\$2,000,700**

in cash and prizes

Touchdown lottery license: LR13-0034 50/50 Extra Point lottery license: LR13-0035



1,263 MAJOR PRIZES

(1 for every 30 tickets sold)

5 x \$100,000 Cash Prizes - \$500,000
14 x 2013 Nissan Vehicles - \$547,900
5 x Recreation Machines - \$183,400
30 x Exciting Sporting Trips - \$115,500
40 x Exciting Vacation Trips - \$152,700
450 x Electronic Equipment Prizes - \$179,600

55 x Equipment & Merchandise Prizes - \$129,800
5 x Clothing Prizes - \$5,000
3 x Ladies Diamond Jewelry - \$36,500
125 x Roughrider Gifts - \$49,300
531 x Riders Instant Win Prizes - \$101,000



You must buy a Touchdown Lottery Ticket before you can buy a 50/50 Extra Point add on.

Tickets: \$10 Each; 5 for \$25; 15 for \$50

Tickets: \$100 each, 3 for \$250 or 4 for \$300

Main Prize Draw: Thursday, October 31, 2013 - 5pm, Mosaic Stadium



For Tickets Call Toll Free 1-800-668-1999

www.friendsoftheriders.com

Book excerpt

Homework
101

IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether

it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess be-

cause of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS* (MCCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online

Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lyanda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices

Join the laughter on twitter @mommyreasons



Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA
ARSENAULT

Metro World News in New York

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of Blue's Clues, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering Yummiloo, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate Yummiloo's mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an abso-



Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

lute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one

little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can

even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

Spooky wreaths are as easy as old newsprint



Keep it spooky-classy. CONTRIBUTED

What's black and white and orange all over? Creative Halloween decorations made out of newspaper. Black and white newsprint is a perfect starting point for spooky crafts such as a wreath. Here's how.

1. Cut several sheets of newspaper into one and a half inch strips. Wrap them around the wreath form, overlapping each strip slightly, until it is covered. This will make it less obvious if there are gaps between the paper flowers that will be glued on later.
2. Stack three sheets of news-

paper and trace a small salad plate on the top layer as many times as it will fit. Cut circles out of all three layers.

3. Hold three paper circles together in a stack and starting at the outside edge, cut through all layers in a spiral shape, moving from the outside toward the centre. Try to keep the width of the resulting spiral-shaped strip consistent — about 3/4 of an inch — but it doesn't have to be perfect. Real flower petals aren't!

4. When you get close to the centre, make the end of the spiral a quarter-sized circle.

This will become the base of the flower.

5. Starting from the outer edge of the spiral, start rolling the paper strip around itself. Roll the centre fairly tightly, and then the rest looser to form the outer petals.

6. When you get close to the end, flip the flower upside down on your work surface (it will resemble a tiny lampshade at this point) and apply glue to the base of the flower. Press it against the rolled up paper to securely adhere the coiled paper to the base.

7. Repeat steps 2-6 to make

enough flowers to cover your wreath.

8. Use hot glue to attach flowers to the wreath, placing them close together and avoiding gaps. Embellish as desired.

THE ASSOCIATED PRESS

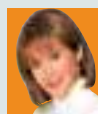
Materials

- Newspaper
- Foam wreath form
- Hot glue gun and glue sticks
- Scissors
- Mini pumpkins or other embellishments

Healthy eating

Choose it and lose it

While grabbing dinner at a fast food place is a treat for kids, be careful what you allow them to order.



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman



Wendy's chicken fingers, fries and chocolate Frosty

590 calories / 26 g fat
These choices give them little nutrition as a meal.

Equivalent

Wendy's chicken fingers, fries and a chocolate Frosty are equal in fat to eight cups Kraft Dinner Mac and Cheese.



Wendy's kid's hamburger with a strawberry yogurt

320 calories / 12 g fat
The kid's burger with strawberry yogurt is a much better offering.



Hit (or two) of curry elevates Parsnip and Apple Soup

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. **THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).**



This recipe serves eight. THE CANADIAN PRESS/JACKIE NOBLE

Easy Japanese tradition offers instant comfort

Miso is a traditional Japanese soup and one of the many Asian soups trending in North America. It is also very easy to make.

Miso itself is fermented soybean paste that comes in a variety of colours. Barley and rice miso are also available at Asian grocery stores.

1. In saucepan, place dashi soup stock (the easiest way to make dashi stock is to buy dashi powder at an Asian grocery store and simply add it to water) and bring to a boil. Reduce heat to a simmer. Add mushrooms.

2. Cut tofu into 1-cm (1/2-inch) cubes and add to soup.

Ingredients

- 1.25 l (5 cups) dashi soup stock
- 4 shiitake mushrooms, stems removed, thinly sliced
- 1 block (125 g/4 oz) firm tofu
- 50 ml (1/4 cup) miso paste
- 2 green onions, cut on an angle into 5-mm (1/4-inch) pieces



This Miso Soup recipe serves four. THE CANADIAN PRESS/JACKIE NOBLE

3. Remove a ladleful of the broth and mix it in a bowl with miso paste until smooth.

4. Stir miso mix into soup,

making sure not to bring to a boil. Add green onions and serve.

THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).

Send your waste to a better place.

Help our city get even better at reducing household waste.

Leaf and yard waste depots

Bring your leaves, twigs and clean pumpkins to one of our depots so it can be used for soil remediation. The depots are open Saturdays from now until November 2.

Urban sustainability workshops

Get tips on reducing the amount of waste your home produces. Register online.

Blue Cart Recycling

Please remember, not everything can go in your Blue Cart. Check your program guide for a list of accepted recyclables.

For more information, visit:

Regina.ca

City of Regina



Sure, that's a good cover letter, but how many likes does he have?

Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI SALEMI
Metro World News

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market



What would a recruiter interpret about you as a person after pulling together all your current Facebook information?
ISTOCK

that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online

professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of

them have a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting has al-

ways been about fishing where the fish are," he says. If you're among the 1.15 billion monthly active users on Facebook, then you're swimming in an abundant school of fish that employers are tapping into.

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible employers.

Launched earlier this month, it allows companies with subscriptions (\$1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for clients like Pepsi and Groupon to report hires, the new tool

allows recruiters to go "above and beyond the resumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they don't want people in the stores who hate clothes. You want people who will have some type of affinity to your brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the resumé? "Resumés are being overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."



EXCLUSIVE TOMORROW'S WORLD TODAY.

ONLY IN METRO STARTING MONDAY NOVEMBER 4



Douglas Coupland

Douglas Coupland is a Canadian novelist, artist, designer and pop culture commentator.

metronews.ca/temp

metro

'Round the world wisdom

Facing adversity? Focus on what you can control

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

In the game of life challenges are dealt to us every day, some big, some small. The danger of becoming overwhelmed always lurks just around the corner, and at times it finds us. When you sense that things are unravelling, be it at the workplace, or at home, get

back to basics by asking yourself, "What can I control right now?"

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

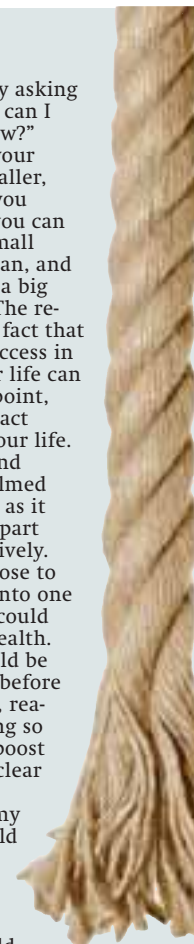
In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not know-

ing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert. What was an attempt to get fit cascaded into the rest of my life, changing it forever.

So always ask yourself, when facing a big challenge, what parts of your life can you control?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Don't waste your time wandering up an unclimbable rope. Achieve goals that are within your grasp.
ISTOCK



Tips to brush up on coupon collecting art form

According to the Canadian Deals Association website, approximately 6.8 billion coupons are distributed nationally, with an average of 86 million coupons redeemed by Canadian consumers each year.

Those numbers shed light on the vast volume of coupons released, coupled with an equally high volume of redemptions. Interestingly, the top three coupon category releases are household items, personal care, and food.

Couponing certainly appears to somewhat of an art form. The following are tips in collecting coupons.

- Clip coupons from newspapers, flyers and swap with friends.
- Sign up for a coupon feed via online blogs and websites.
- Scour store websites for online coupons and sign up with an alternate email address.
- Purchase a binder with pockets or page inserts, calculator, scissors and a sturdy pencil.
- Sort by expiration date and product. Try to buy items when on sale for further discounts.
- Be on the lookout for in-store coupons and those printed on the back of retail purchase receipts.
- Make note of multiple coupon offers for individual products.
- Sign up for loyalty programs.
- Inquire about double coupon days and mark the dates on your calendar.
- Look for new product and trial offers.
- Ask for full disclosure and take advantage of mail-in store and manufacturer rebates.
- Ask for a rain check if the item you want is out of stock.
- Look for on-product package or "peekaboo" coupons in your local grocery store.
- Search for "beat the price" coupons and offers at alternative retailers.

SHELLEY KILMURY



One of the best places to find coupons and other savings is the Internet. Also, consumers share tips and coupons via their blogs and websites. MYKHAYLO PALINCHAK/COLOURBOX

Browse the net for savings

SHELLEY KILMURY
For Metro

Not only are there thousands of money-off options released each week by companies locally and nationally, but many penny-wise consumers offer tips and share coupons via their blogs and websites.

One such site, mrsjanu-

ary.com, launched by Cassie Howard in 2007, states that she saves an average of 50 per cent off her weekly grocery bill redeeming Canadian coupons.

So where can one find these money saving wonders?

A web search on the best places to find coupons revealed that in-store tear pads, local newspapers and

a myriad of online savings communities such as dealstreet.ca, valpak.com and save.ca are a click away to assist in trimming one's monthly budget.

Winnipegger Angie Zalondek doesn't have a family to feed, however, she says she often visits Procter & Gamble's website for free samples, to enter sweepstakes and, yes, to view the coupons.

"The Procter & Gamble site allows me to select the coupons I want to redeem and they are mailed to my home free of charge," Zalondek said. "It's a great deal as I have an extensive furry family and often find deep discounts on the site for dog and cat food."

Another popular trend to obtain discounts ties into group buys, where consum-

ers sign up to receive email feeds and create an account on sites that work in concert with local restaurants, service providers and product suppliers.

Sites such as Groupon, Dealfind, WagJag, TeamBuy and LivingSocial are examples of online bulk offerings that send consumers online, printable vouchers to redeem their purchases.

Dial up direct deals

Cellphone companies strive to build loyal relationships and solidify their brand within their dedicated customer base, but have also found an external method in developing loyalty by partnering with national retailers to deliver technology-based deals direct to consumers' smartphones.

Wireless providers know their customers' locations, and through location-based promotions, QR codes and discount coupons, consumers are able to locate and act upon immediate discounts, product information and free-with-purchase offers via retail partners.

Consumers can now obtain digital coupons from national retailers such as A&W, Pizza Hut Canada, Future

Shop, Second Cup, and Sears, for instance

Murray Campbell, a Winnipeg-based sales professional, opted in to receive A&W coupons through his smartphone.

"I grew up frequenting my local A&W, so if I can get a two-for-one deal pushed into my phone, the coupon serves as an instant reminder that I'm overdue for a burger and can take my daughter with me to share the tradition."

"We know that over half of Canadians are interested in signing up to receive relevant promotions and product offers on their smartphones, especially when the store is nearby," Nyla Ahmad, Rogers vice-president of local digital, said in a recent press release.

SHELLEY KILMURY

1775 Scarth Street
(2nd floor right above Havik
across from lululemon)

306.552.9642
info@bodhitreeyoga.com - www.bodhitreehotyoga.com

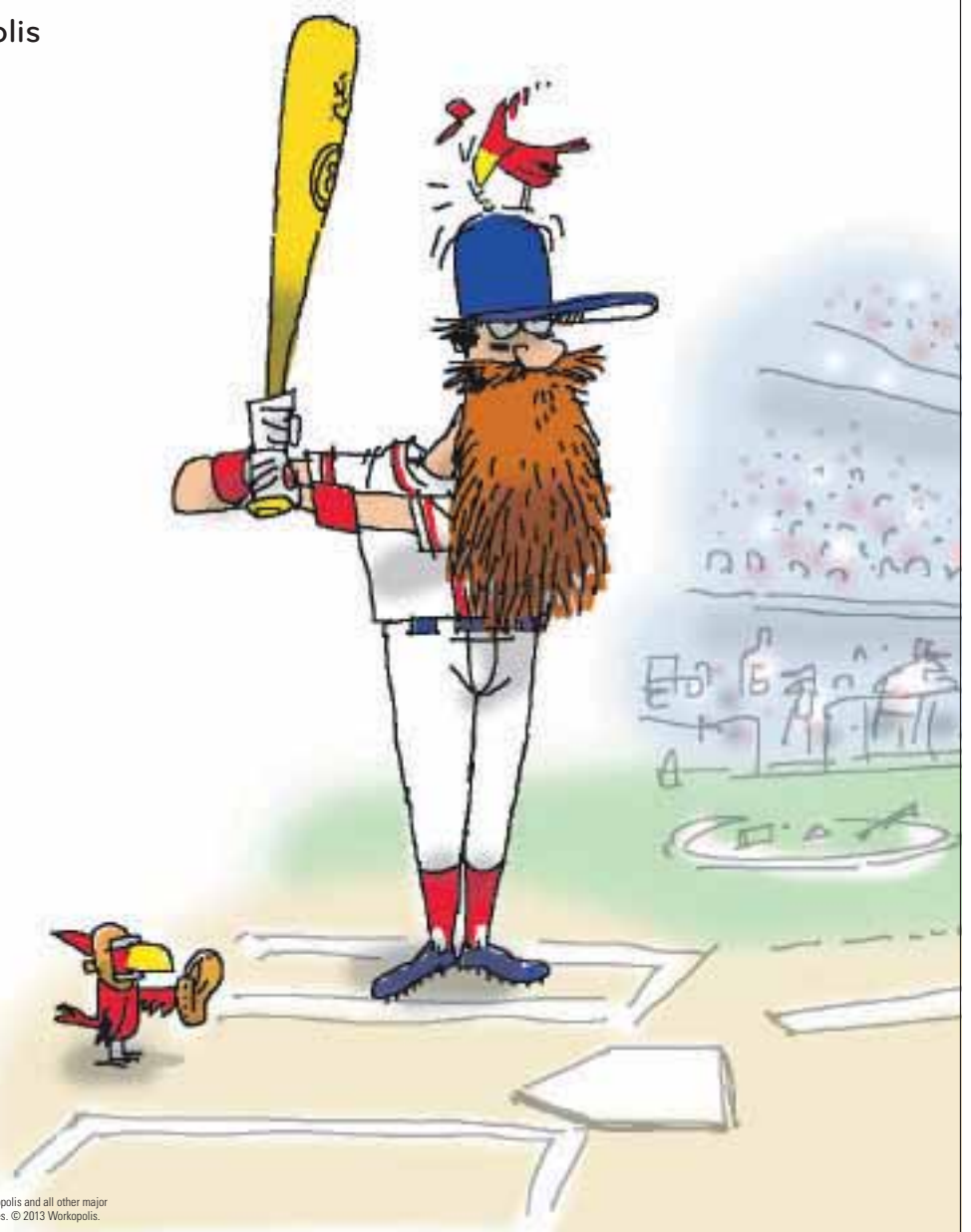
Mention this ad for
50% OFF
Flex Pass
or
UNLIMITED
1 Month Pass
(some restrictions may apply)
*only redeemable
at the Scarth Street studio

Find a job that doesn't require you to look 'clean cut'.

Looking for a work environment where you can be yourself? We've got over 6,000 new job postings every week to help you find the right job for you. It's what makes Workopolis Canada's number one job site.

workopolis.com

 [#workopolis](https://twitter.com/workopolis)



Number one job site based on six-month average online job postings for period ending September 30, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Sports in pictures



1 CFL. Maybin an Argonaut

Aaron Maybin, a former first-round draft pick of the Buffalo Bills, joined the Argonauts' practice roster on Sunday, three days after watching Toronto's 36-21 home win over Winnipeg.

THE CANADIAN PRESS

2 Tennis. Federer falls in homeland

Juan Martin del Potro denied Roger Federer his hometown Swiss Indoors title for the second straight year, winning the final 7-6 (3), 2-6, 6-4 on Sunday in Basel.

THE ASSOCIATED PRESS

3 Tennis. Serena seals WTA title over Li

Serena Williams ended her best season in style, coming from behind to beat Li Na 2-6, 6-3, 6-0 on Sunday for her second straight WTA Championships title.

THE ASSOCIATED PRESS

Lions roar back to round up Cowboys

NFL. Johnson's 329 yards receiving keeps Detroit in the game; Stafford's one-yard TD lunge wins it

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their linebackers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New



Lions receiver Calvin Johnson leaps between Cowboys Jeff Heath, left, and Brandon Carr to make a 54-yard catch on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. LEON HALIP/GETTY IMAGES

Orleans on Nov. 26, 1989 in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling." THE ASSOCIATED PRESS

MLB. Rule snafu adds extra juice to World Series

By Sunday morning, most everyone had become an expert on the obstruction rule.

"Worst ending to a World Series game ever!" PGA golfer Hunter Mahan posted.

"Obstruction of justice," Arizona Cardinals kicker Jay Feely wrote.

Any time someone scores the winning run with two outs in the bottom of the ninth inning without even touching home plate — called safe on an extremely rare ruling — it's bound to cause a little ruckus.

On this point, all sides

seemed to agree: Allen Craig's wild trip over Boston third baseman Will Middlebrooks likely made for the most crazy, chaotic October finish of all time. And it gave St. Louis a 5-4 win Saturday night and a 2-1 edge.

THE ASSOCIATED PRESS

Online

Go to metronews.ca for coverage of Game 4 of the World Series on Sunday night.



Around the NFL

Chiefs 23, Browns 17. Alex Smith threw for 225 yards and two touchdowns for the league's lone undefeated team at 8-0.

Raiders 21, Steelers 18. Terrelle Pryor ran 93 yards on the first play from scrimmage for the longest touchdown run by a quarterback, boosting Oakland to 3-4.

Broncos 45, Redskins 21. Peyton Manning overcame four turnovers and Denver scored the last 38 points in a come-from-behind win. Manning finished with 354 yards and four touchdown passes.

Bengals 49, Jets 9. Andy Dalton threw a career-high five touchdown passes — four of them to Marvin Jones.

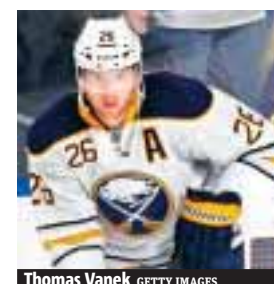
NHL. Sabres ship sniper Vanek to Long Island

The Buffalo Sabres traded Thomas Vanek to the New York Islanders on Sunday night for Matt Moulson and two draft picks.

Vanek and Moulson are set to become unrestricted free agents this summer. The Islanders sent a 2014 first-round pick and a 2015 second-round pick to the Sabres in the deal.

Vanek, 29, has four goals and five assists in 13 games. He has a cap hit of \$7,142,857 US for the rest of the season.

Moulson, 29, has six goals



Thomas Vanek GETTY IMAGES

and three assists in 11 games. He has a cap hit of \$3.133 million US. THE CANADIAN PRESS

4 SPORTS



Sharks goalie Alex Stalock tracks the puck during a 5-2 win over the Senators on Sunday night at Canadian Tire Centre. FRED CHARTRAND/THE CANADIAN PRESS

Rookie Stalock helps Sharks put Sens on lockdown

NHL. Ottawa falls into early hole before San Jose goalie shuts door in 1st career start

Alex Stalock waited a long time for his first NHL start, but says it was well worth it.

The 26-year-old stopped 38 shots and was instrumental in leading the San Jose Sharks to a 5-2 win over the Ottawa Senators Sunday night.

Stalock, who previously had made just three appearances in relief of Antti Niemi, admitted he was nervous and excited.

"I think it helped a lot being a 5 o'clock game for me and not having to sit around all night and come to the rink and go through the routine," he

Around the NHL

Ducks 4, Blue Jackets 3.

Corey Perry scored with 2:25 remaining in the third period on Sunday night and the Anaheim Ducks edged Columbus 4-3, ending the Blue Jackets' three-game winning streak.

Lightning 4, Panthers 3.

Steven Stamkos and Valtteri Filppula scored in the shootout to give the Tampa Bay Lightning its fifth win in six games. Stamkos also scored in regulation. **THE ASSOCIATED PRESS**

said. "It was a little easier than sitting around all day in my hotel room."

Stalock made 16 saves in the first period and helped the team jump out to a 3-1 lead

after 20 minutes of play.

Tomas Hertl, Andrew Desjardins, Tommy Wingels, James Sheppard and Joe Pavelski scored for the Sharks (10-1-1), who were playing their fourth of a five-game road trip.

The Senators (4-5-2) got goals from Erik Karlsson and Marc Methot, who picked up his first of the season. Craig Anderson made 24 saves in defeat.

The Senators have few answers for their play of late, but realize things have to change.

For the second straight game, Ottawa allowed the opposition to jump out to a 2-0 lead.

"We can't spot good teams leads," said Senators captain Jason Spezza. "We get behind and then it doesn't matter what we do, we're chasing the whole game." **THE CANADIAN PRESS**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION										
	GP	W	L	OL	GF	GA	Pt			
Tampa Bay	11	8	3	0	39	31	16			
Toronto	12	8	4	0	40	30	16			
Boston	10	7	3	0	30	17	14			
Detroit	12	6	4	2	27	33	14			
Montreal	11	6	5	0	33	22	12			
Ottawa	11	4	5	2	30	32	10			
Florida	12	3	7	2	26	42	8			
Buffalo	13	2	10	1	20	37	5			

METROPOLITAN DIVISION										
	GP	W	L	OL	GF	GA	Pt			
Pittsburgh	11	7	4	0	35	28	14			
Carolina	11	4	4	3	25	33	11			
NY Islanders	11	4	4	3	35	36	11			
Columbus	11	5	6	0	31	29	10			
Washington	11	5	6	0	32	35	10			
New Jersey	11	2	5	4	24	36	8			
NY Rangers	9	3	6	0	15	33	6			
Philadelphia	10	3	7	0	18	27	6			

Sunday's results

San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Winnipeg at Colorado
Edmonton at Los Angeles

Saturday's results

Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1

MLB PLAYOFFS

WORLD SERIES (BEST OF 7)

ST. LOUIS VS. BOSTON
(St. Louis leads series 2-1)

Sunday's result

Boston at St. Louis

Saturday's result

St. Louis 5 Boston 4

Monday's game — All Times Eastern

Boston (Lester 15-8) at St. Louis (Wainwright 19-9), 8:07 p.m.

Wednesday's game

St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION										
	GP	W	L	OL	GF	GA	Pt			
Colorado	10	9	1	0	32	14	18			
Chicago	11	6	2	3	34	32	15			
Minnesota	12	6	3	3	29	26	15			
St. Louis	9	6	1	2	35	23	14			
Nashville	12	6	5	1	23	32	13			
Winnipeg	12	5	5	2	30	34	12			
Dallas	10	4	5	1	26	31	9			

PACIFIC DIVISION										
	GP	W	L	OL	GF	GA	Pt			
San Jose	12	10	1	1	48	20	21			
Anaheim	12	9	3	0	39	31	18			
Vancouver	13	8	4	1	38	37	17			
Phoenix	12	7	3	2	40	39	16			
Los Angeles	11	7	4	0	33	24	14			
Calgary	11	5	4	2	34	39	12			
Edmonton	12	3	8	1	35	48	7			

Note: Two points for a win, one point for overtime loss.

Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2
Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

GOLF

PGA

CIMB CLASSIC

At Kuala Lumpur, Malaysia

Final Round — Par 72

x-Won on first playoff hole

x-Ryan Moore, \$1,260,000	63-72-69-70—274 (4)
Gary Woodland, \$756,000	68-70-67-69—274 (5)
Kiradech Aphibarnrat, \$406,000	67-69-69-70—275
Chris Stroud, \$406,000	67-69-68-71—275
Aaron Baddeley, \$280,000	73-67-70-66—276
Jimmy Walker, \$252,000	74-68-67-68—277
Graham Delaet, \$218,166	72-67-68-71—278
Harris English, \$218,166	71-67-71-69—278
Charles Howell III, \$218,166	69-72-69-68—278
Also:	
David Hearn, \$14,070	72-70-73-81—296

CFL

WEEK 18

EAST DIVISION										
	GP	W	L	T	PF	PA	Pt			
y-Toronto	17	11	6	0	487	435	22			
x-Hamilton	17	9	8	0	416	461	18			
x-Montreal	17	7	10	0	436	451	14			
Winnipeg	17	3	14	0	354	548	6			

WEST DIVISION										
	GP	W	L	T	PF	PA	Pt			
y-Calgary	17	14	3	0	542	387	28			
x-Sask.	17	11	6	0	493	368	22			
x-B.C.	17	10	7	0	478	454	20			
Edmonton	17	3	14	0	391	493	6			

y — Clinched division title
x — Clinched playoff berth

Saturday's results

Calgary 29 Saskatchewan 25

Hamilton 27 Montreal 24

Friday's result

B.C. 43 Edmonton 29

Thursday's result

Toronto 36 Winnipeg 21

NFL

WEEK 8

Sunday's results

Kansas City 23 Cleveland 17
New Orleans 35 Buffalo 17
New England 27 Miami 17
Detroit 31 Dallas 30
N.Y. Giants 15 Philadelphia 7
San Francisco 42 Jacksonville 10
Oakland 21 Pittsburgh 18
Cincinnati 49 N.Y. Jets 9
Arizona 27 Atlanta 13
Denver 45 Washington 21
Green Bay at Minnesota
Monday's game — All Times Eastern
Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results

Houston 2 D.C. 1
New England 1 Columbus 0
New York 5 Chicago 2
Colorado at Vancouver
Los Angeles at Seattle
Saturday's results
Toronto 1 Montreal 0
Kansas City 2 Philadelphia 1
Portland 5 Chivas 0
San Jose 2 Dallas 1
(End of MLS Regular Season)



YOUR OPINION.
YOUR VOTE.
YOUR FAVOURITE
PRODUCTS.

YOU COULD WIN

iPad
Retina Display
16GB Wi-Fi (32GB available)

One Grand Prize of
\$1,000
cash

OR
One of three
\$250 cash
prizes

BestNewProductAwards.ca/Vote90

THE 2014 BEST NEW PRODUCT AWARDS.
VOTED BY CONSUMERS LIKE YOU!



Horoscopes

♈ Aries

March 21 - April 20

You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

♉ Taurus

April 21 - May 21

Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

♊ Gemini

May 22 - June 21

You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

♋ Cancer

June 22 - July 23

If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

♌ Leo

July 24 - Aug. 23

Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

♍ Virgo

Aug. 24 - Sept. 23

What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

♎ Libra

Sept. 24 - Oct. 23

There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

♏ Scorpio

Oct. 24 - Nov. 22

As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

♐ Sagittarius

Nov. 23 - Dec. 21

You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

♑ Capricorn

Dec. 22 - Jan. 20

Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

♒ Aquarius

Jan. 21 - Feb. 19

The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

♓ Pisces

Feb. 20 - March 20

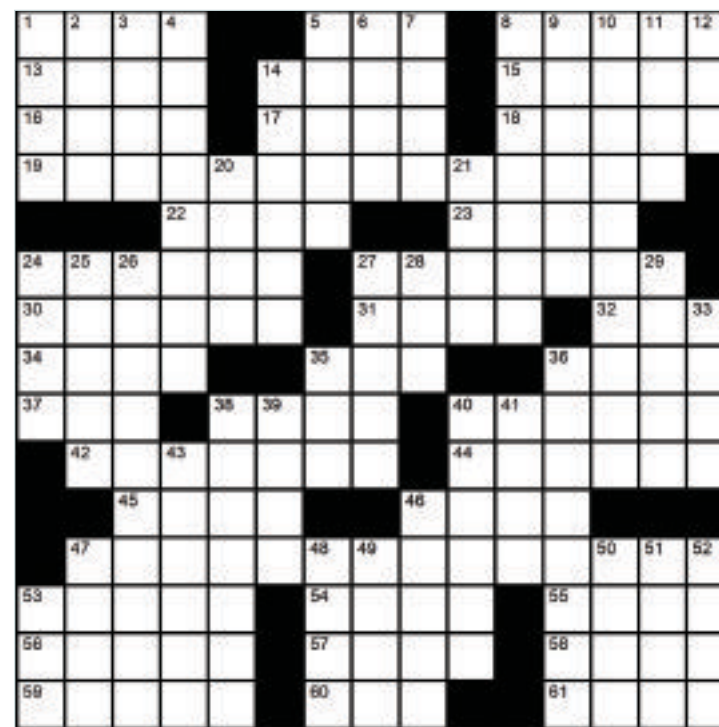
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Mike Myers' directorial debut, "Supermensch: The Legend of ___ Gordon" (2013)
5. Canadian hwy. miles
8. Not ___ (Not so distant)
13. ___-hoop
14. TV series
15. Stage
16. "___ fair in love..."
17. Entreaty
18. Promotions guy, ___
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., ___
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses ___ (My Love)": 2 wds.
31. "I'd like ___, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India. ___
40. Ms. Nicks
42. Miami rapper
44. St-___ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"



47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince ___ Coast
55. "___, ___ quiet!"
56. Rolling Stones album: '___ Bleed'

57. Remote button
58. Prince of Wales' motto, Ich ___ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

Down

1. NBA great Mr. O'Neal

2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, ___ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure

10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take ___ song and make it better." - The Beatles

12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '___ iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, ___ Gratia Artis
29. South America animal
33. Jackie Wilson's "___ Petite"
35. Vegetable ___
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. ___ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

Friday's Crossword

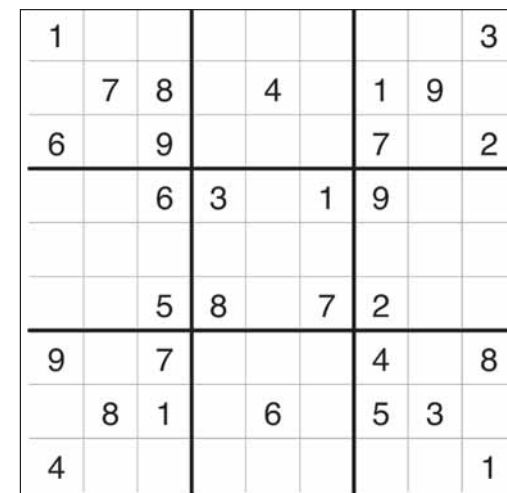
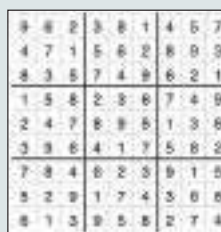


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

-3°/-11°

Partly cloudy

Tuesday

0°/-5°

Sunny

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2013

visit **metronews.ca**

CAPITAL GMC's GREATEST AUTO SALE

★ capitalgreatestautosale.ca ★

➔ NEW 2013 GMC SIERRA REG CAB

Upgraded rubber,
locking differential
MSRP \$33,832
Stk#33832



GREATEST AUTO
SALE PRICE **\$19,998**

OR **\$139** /BI WEEKLY TAX PAID

➔ NEW 2013 BUICK ENCORE

1.4L Turbo,
well equipt.
MSRP \$28,645
Stk#331358



GREATEST AUTO
SALE PRICE **\$26,795**

OR **\$183** /BI WEEKLY TAX PAID

➔ NEW 2013 GMC TERRAIN

Rear camera,
bluetooth,xm radio
MSRP \$30,345
Stk#331059



GREATEST AUTO
SALE PRICE **\$25,411**

OR **\$175** /BI WEEKLY TAX PAID

➔ NEW 2013 GMC SIERRA CREW SLT GFX 4X4

GFX Edition, all terrain pkg.,
sunroof,
MSRP \$56,590
Stk#331215



GREATEST AUTO
SALE PRICE **\$41,590**

OR **\$283** /BI WEEKLY TAX PAID

➔ NEW 2013 CADILLAC ESCALADE EXT

Ultra luxury pkg, rear dvd, sunroof,
navigatin, 22 inch wheels,
MSRP \$90,745
Stk#33728



GREATEST AUTO
SALE PRICE **\$74,998**

OR **\$499** /BI WEEKLY TAX PAID

➔ NEW 2013 BUICK REGAL GS

GS package,
black diamond paint.
MSRP \$46,650
Stk#331457



GREATEST AUTO
SALE PRICE **\$37,998**

OR **\$288** /BI WEEKLY TAX PAID

*See dealer for details. All payments are taxes paid.

ENDS OCTOBER 31st

Do you have a two year old or older? Are you still making a payment but want a new car? We think we can get you into a new vehicle for the same or in some cases even a lower payment!

Here's What You Do:

Step 1.

Go to www.CapitalGreatestAutoSale.ca
and click: "Find the value of your trade"

Step 2.

Get Your Free **Black Book Trade-in Value**

Step 3.

Come in on sale day and one of our representatives will
show you a **Brand New Vehicle with a Brand New Payment!**

CAPITAL

• GMC • BUICK • CADILLAC •

4020 Rochdale Blvd. & Pasqua St.
Regina, Saskatchewan
1-855-632-4018

